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Jared Frank is set to cash in on the video he took of himself while in Peru. YOUTUBE SCREENSHOT

Making a silk purse out of a boot to the head

Silver lining. Peculiar incident immortalized on YouTube may make money for Regina man

A Regina man is hoping his 15 minutes of fame for getting kicked in the head by a train conductor will make him a little money, too.

Jared Frank's video of his strange encounter on Peru's Machu Picchu went viral on YouTube last week, amassing more than 24 million hits as of Tuesday night.

He says he picked one and signed a deal that helps him monetize the video any time it is broadcast by a television broadcaster, and YouTube itself pays him for views.

Frank says he and friends were hiking up a mountain in March to get to the ancient Incan site when he decided to shoot a video of himself with a train going by in the background — possibly closer than he anticipated.

As the train sped by, the whistle blasted and a conductor booted him in the head, leaving Frank reeling but uninjured.

"Wow, that guy kicked me in the head," a shocked Frank blurts on the video.

Many viewers had less than complimentary comments for Frank, but he's taking it all in stride.

"You can put up a video of saving a baby puppy and you're going to get negative comments," he says. "It doesn't matter what you do on the Internet. I knew what to expect as far as the comments, but as far as the sharing and how far the video got, I absolutely did not expect that."

Frank isn't quite sure how much money he has made from the video yet. YouTube will update him on that at the end of May and he has to wait 60 days before his licensing company will get the money from television companies.

But he says he doesn't want to get his hopes up.

"People probably already are seeing me in a negative light as the idiot who got kicked in the head, so I don't want to be the idiot who thought he was going to make millions of dollars and ended up with a $400 paycheque," he says.

As for all of the negative comments, Frank says they'll all be worth it if the video pays for his trip to Peru.

THE CANADIAN PRESS, CJME

Gone viral

24M

Jared Frank's video had amassed more than 24 million hits on YouTube as of Tuesday night.

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City services

Outage sparks emergency blog

After a power outage knocked the City of Saskatoon's website and email offline for roughly four hours on Monday, city officials said Tuesday they are creating an emergency blog to inform residents about potential disruptions.

The blog will be distributed via social media during an outage and will serve as an information hub if the city can't provide updates through email or its website.

Catherine Gryba, general manager of corporate performance, said plans are underway to relocate a generator from the Saskatoon Police Service HQ to city hall if it is no longer needed.

METRO

Not considered suspicious

High school students make grisly discovery at rundown barn

Three Saskatoon high school students taking pictures for a photography class got more than they bargained for when they made a disturbing discovery.

The three were snapping shots of an old barn off Highway 16 outside the city when they found a dead body.

Payton Ostrom says she and her two friends were walking toward the rundown building to take pictures inside when they saw something suspicious.

She says they ran to her car and drove up to the barn door to get another look.

The three students from Evan Hardy Collegiate then called the police.

RCMP say the death isn't suspicious and that weather was a factor.

"We drove up to it with my car, so we could see it, and then we honked to see if it was moving or breathing … and nothing happened," Ostrom said.

"It was kind of freaky."

THE CANADIAN PRESS/CKOM

Mayor calls for safer train routes in Canadian cities

Not just Saskatoon.
Fire chief fears more trains may cause delays in emergency response

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Mayor Donald Atchison is calling for Canadian railway companies to implement a safest-route policy for trains moving through municipalities.

Using data collected by the city's transportation division, officials found trains passing through Saskatoon can interrupt traffic for anywhere from two minutes to almost an hour — which could cause problems for a city's emergency crews.

"As the trains get longer and the frequency goes up, we have the possibility of more delays of emergency responders getting to the scene," said Chief Dan Paulsen of the Saskatoon Fire Department.

He hopes the call will enable municipalities and members of the railway industry to identify the extent of the problem and work toward a solution.

The policy Atchison is calling for would mandate train companies to use a route identified by experts as the safest when transporting goods through a city.

On Wednesday, both Paulsen and Atchison will attend a meeting of the Federation of Canadian Municipalities' National Municipal Rail Safety Working Group in Ottawa.

"I don't think we want to start with just Saskatoon," said Atchison. "It's all about Canada."

"We want to make sure that we have the safest routes possible for everyone and that should be up to the experts to determine."

Representatives from both CN Rail and CP Rail said they would be willing to discuss the policy with Atchison, adding they have an ongoing dialogue with municipal and community leaders.

Saskatoon's skyline behind a train in the Central Industrial area near Idylwyld Drive on Tuesday. MORGAN MODJESKI/METRO

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De Grood set to undergo psychiatric evaluation

A courtroom sketch of Matthew de Grood, the accused in the recent Calgary stabbing. JANICE FLETCHER/THE CANADIAN PRESS

'Bizarre' case. Calgary man accused of stabbing five victims at a party faces charges of first-degree murder

The father of a young man stabbed to death at a house party says his boy was the poster child for the kind of son every parent wants.

Bruce Rathwell told mourners at his son Zackariah's funeral Tuesday that the young man was athletic, artistic, loved music and spent years as a Boy Scout.

A display at the front of the Calgary chapel was a testament to the 21-year-old's interests and accomplishments. It included three guitars, a Boy Scouts uniform, rugby jersey, hockey equipment and skates.

Rathwell, a promising musician with the band Zackariah and the Prophets, was stabbed to death along with four others last week at a get-together to celebrate the end of classes.

Another party-goer, 22-year-old Matthew de Grood, is charged with five counts of first-degree murder. He appeared in court Tuesday and was ordered to undergo a 30-day assessment to determine whether he is mentally fit to stand trial.

De Grood, the son of a senior Calgary police officer, was wearing blue coveralls when he appeared in court earlier in the day via closed-circuit television.

He could be seen leaning against a wall and touching his face, with cuts and scrapes from when the canine unit took him down during his arrest.

The accused will return to court May 22. He will continue to be held at the Southern Alberta Forensic Psychiatry Centre, where he's been since his arrest. The Crown requested the assessment on the recommendation of a doctor who has been dealing with de Grood.

"The case has been adjourned for a period of 30 days to allow a psychiatrist to assess whether or not the accused is fit to stand trial," Crown prosecutor Stephanie Brown told reporters.

De Grood's lawyer, Allan Fay, said he's not ruling out a defence of not criminally responsible. "I'd be foolish to overlook any possibility, especially in a case that on its face is as bizarre as this," Fay said.

"We've never seen anything like it in Calgary, and one can't help but look at the case and consider what we know so far and how strange this whole thing is." THE CANADIAN PRESS

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A third of adults suffered child abuse: Survey

The data. It cannot prove cause and effect; it can only point to possible links

A new study says one in three adult Canadians suffered some form of child abuse in their past, adding this abuse is associated with a higher risk of mental health disorders later in life.

The lead author of the study says it provides the first national look at the prevalence of child abuse experienced by Canadian adults.

Tracie Afifi of the University of Manitoba says previous estimates were based on a nearly 25-year-old study from Ontario and more recent data from Quebec.

The study is published today in the Canadian Medical Association Journal.

The authors studied data collected from more than 23,000 adults 18 and older who took part in Statistic Canada's 2012 Canadian Community Health Survey.

Respondents were asked questions about whether they were hit or subjected to other forms of physical or sexual abuse in childhood, or whether they were exposed to violence between the adults in their homes.

One in three adults reported experiences that met the criteria for at least one of the types of abuse, with physical abuse the most common of the three; 26 per cent of respondents said they had experienced physical abuse.

Ten per cent of respondents said they had experienced sexual abuse and nearly eight per cent witnessed intimate partner violence.

THE CANADIAN PRESS

Record breaker swims for Earth awareness

World-record breaking swimmer Ben Lecomte swims in the Strait of Georgia display at the Vancouver Aquarium in Vancouver on Tuesday. Lecomte visited the aquarium to raise awareness for Earth Day and the importance of protecting our waterways. JONATHAN HAYWARD/THE CANADIAN PRESS

Heartbleed hacker. He was tempted by curiosity: Calce

A 19-year-old man accused of siphoning some 900 social insurance numbers from the Canada Revenue Agency was likely motivated by curiosity, not malice, says one of the country's most notorious hackers.

"I think he's a computer science geek who heard about a critical bug and wanted to poke around. His curiosity got the better of him," said Michael Calce.

Last week, the RCMP charged Stephen Arthuro Solis-Reyes of London, Ont., with one count of unauthorized use of a computer and one count of mischief. The Western University student is believed to have used the Heartbleed bug — a vulnerability in the OpenSSL software used to secure countless websites — to extract personal information from CRA servers. The media has already dubbed Solis-Reyes "the Heartbleed hacker."

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More Canadians than ever are making Metro part of their daily lives — millions of you, actually.

In all, 4.2 million people read Metro each day as a way to stay connected and informed about their city and the world. The 2013 NADbank readership study also showed that Metro is the fastest-growing newspaper in Canada's largest cities across various platforms, including print, digital paper, website and news app.

"Metro Canada increased readership on a weekly basis by three per cent to more than 4 million readers — a first for us — which demonstrates how our unique content packages resonate against Metropolitans, our target market," said Bill McDonald, President of Metro English Canada. METRO

Market Minute

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Google challenges non-profits

$25,000 on the line.
Tech giant asking groups to propose ways they could use Google Glass in their work — and is offering to help turn their idea into reality

Google has a challenge for U.S. non-profits.

On Tuesday, the tech giant asked non-profit groups to propose ideas for how to use the Web-connected eyewear Google Glass in their work. Five charities that propose the best ideas by May 20 will get a free pair of the glasses, a trip to Google for training and a $25,000 grant to help make their project a reality.

Giving Through Glass

For more information, visit g.co/givingthroughglass

Google has already been testing Glass with non-profits in their field work. Conservationists at the Washington-based World Wildlife Fund have been using Google Glass for hands-free field research. In Nepal, a research officer has been using Google Glass to track, photograph and monitor rhinos to help protect them from poaching in areas that are inaccessible by vehicles. THE ASSOCIATED PRESS

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ANOTHER TYPE OF FOODIE WEIGHS IN

JUST SAYIN'

Paul Sullivan
metronews.ca

There are foodies, those uncompromising gourmets who have "an ardent or refined interest in food and alcoholic beverages," according to the dictionary.

Then there are the rest of us, who also have an ardent interest in food and alcoholic beverages, but there's nothing refined about it.

This column is for you. Business Insider has done one of those unscientific readers' choice surveys and on the strength of 2,200 responses, has determined the Best Fast Food in America. We can take that to include the rest of North America, because most of these epicurean delights do not require a run to the border.

They may require a run to the bathroom, if you insist on testing the winners, but that's another story.

So, apart from the fact that Tim Hortons barely makes the list, the rest of it is as commonplace in Canada as potholes in springtime.

What's really great about this is that everyone can play. In fact, participating is probably as impossible to resist as McDonald's fries.

The No. 1 burger is Wendy's with its characteristic square, never-frozen patty. I don't know about you, but to me a square patty ain't natural. Nonetheless, Dave's Hot 'N Juicy outdistanced the Burger King Whopper and McDonald's Big Mac by a healthy margin (34 per cent to 26 per cent and 24 per cent, respectively). Or should I say unhealthy?

Best pizza honours go to Papa John's, who squeaked by Pizza Hut and Domino's (34 per cent to 31 per cent and 29 per cent). Little Caesars was a distant fourth. Whatever. Does it get there in under half an hour?

No surprise here: McDonald's had the best fries by a wide margin (57 per cent), which roughly equals the percentage of North Americans raised on them from infancy.

Best fried chicken is KFC at 36 per cent. I haven't ordered a bucket for 20 years, but that doesn't stop me from going, "Maybe I should just stop and get a bucket" every time I go past the local Colonel's dispensary, which is just about every day. This stuff gets into your blood ... in more ways than one.

Subway is a double winner, with best sub (37 per cent) and healthiest choice (also 37 per cent), which is hardly a distinction considering the competition. About the only thing you can order at a fast food joint that's actually good for you is a glass of water.

Finally, there's coffee, the universal solvent. At 49 per cent, Starbucks wins hands down. The next closest was Dunkin' Donuts at 27 per cent. This is the only place on the poll where Tim Hortons appeared, with eight per cent, just behind McDonald's. Coffee seems like the last thing you'd order at McDonald's, but despite (or perhaps because of) those expectations, it's never as bad as you think.

And that's pretty much the last word. Or maybe five little last words: "You want fries with that?"

ZOOM

Bee my pollinator

Bamboo bundles are used here to create bee tunnels for nesting that hang in a magnolia tree near Langley, Wash. DEAN FOSDICK/THE ASSOCIATED PRESS

Depleting numbers threaten food supply

Bees are pulling a disappearing act. Honeybees are vanishing from their hives. Bumblebee numbers have crashed so radically that some species are believed extinct. Even native solitary bees are in decline. Food supplies dependent upon pollinators are threatened.

There is no single explanation for what is causing the pollinator losses, said Matt O'Neal, an associate professor of entomology at Iowa State University. THE ASSOCIATED PRESS

Quoted

"Common species are disappearing at a dramatic rate ... I worry in particular about pollinator species with limited ranges and that have unique habitat requirements that are being threatened. A lot of species are dropping out of the landscape."

Mace Vaughan, pollinator program director with The Xerces Society for Invertebrate Conservation in Portland, Ore.

How gardeners can help

- Plant flowers and create green spaces, especially in urban areas. Leave patches of bare soil, rocks and brush piles for use by ground-dwelling native bees.
- Install bee hotels around the yard by drilling holes in wood blocks and creating bamboo bundles.
- Eliminate or change pesticide usage.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 7 in Scene, page 9 in Life, and page 13 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

When parachuting on skis gets tiring

ANDREW FIFIELD
metronews.ca

On the same day I learned about the existence of an adrenaline-junkie hobby called speed riding — which is pretty much hurtling through the air while attached to a small parachute and a pair of skis — I also learned that it's not nearly adrenalized enough for one rider.

So what does your average daredevil do when the passion for boring, bland and familiar speed riding is extinguished. Why, you speed ride/grind your way down a chairlift cable. Naturally.
(Via Valentin Delluc on Vimeo)

VIMEO SCREENGRAB

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See that symbol? It means you can scan the photo below with your Metro News app to see a clip from The Other Woman

Turning up the cheat on trysts

Cautionary tales. From 1960's 'dirty' rendezvous at The Apartment to a Fatal Attraction cooking your rabbit, infidelity boils over on film

IN FOCUS
Richard Crouse
scene@metronews.ca

Nikolaj Coster-Waldau and Cameron Diaz star in The Other Woman. CONTRIBUTED

In the new movie The Other Woman, Mark King (Game of Thrones's Nikolaj Coster-Waldau) tries to push infidelity to Tiger Woodsian heights by cheating on his wife (Leslie Mann) with multiple mistresses, including Carly and Amber (Cameron Diaz and Kate Upton). "We got played by the same guy," says Carly.

"Getting played" in Hollywood movies dates back further than the invention of the Ashley Madison website.

In 1960, the Jack Lemmon movie The Apartment tackled the subject of adultery. The film, about a lonely insurance company lackey who allows his bosses to use his apartment as a trysting spot in hopes that they will promote him, was a big hit, but also a controversial one. The Saturday Review called it "a dirty fairy tale" and co-star Fred McMurray says a woman on the street hit him with her purse, taking him to task for making "a dirty, filthy movie."

In 2005's Derailed, Clive Owen stars as a married man who hooks up with Lucinda (Jennifer Aniston) after meeting her on a commuter train. In a hormone-induced rush, they decide to consummate their illicit affair at a seedy hotel, only to be interrupted by a burglar who robs them and sexually assaults Lucinda. Things spiral out of control as the robber blackmails the couple and seems to have an unquenchable thirst for Owen's money.

Derailed is a cautionary tale about staying faithful to your spouse and never, ever renting rooms in sleazy hotels. Part Fatal Attraction, part Hitchcock thriller, the movie stays on track through the set-up of the story, but as soon as the going gets rough the story, well ... derails.

The most famous infidelity movie has to be 1987's Fatal Attraction. It begins with Michael "I'm a married man!" Douglas having a fling with Glenn "I'm not gonna be ignored!" Close. When he tries to break off their affair, she becomes a lesson in why not to cheat on your wife.

The film was a sensation on release, inspiring a number of imitators including The Crush, Single White Female and a spoof called Fatal Instinct, and its most famous clip, the rabbit boiling on the stove, even inspired a phrase in the Urban Dictionary. According to the website, cook your rabbit "refers to the moment when someone goes over the edge in their obsession with another person."

Film's most famed femme fatale

"Men still come up to me and say, 'You scared the [crap] out of me.' Sometimes they say, 'You saved my marriage.'"

Glenn Close in an interview 20 years after Fatal Attraction's release.

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Who's the unfairest of them all? Ice road trucker plunders Snow White

Tim Zickuhr FACEBOOK

According to TMZ, Ice Road Truckers star Tim Zickuhr has been charged with an array of crimes after allegedly kidnapping and imprisoning a Las Vegas prostitute named Snow White. Snow White told police that Zickuhr gave her his debit card and told her to withdraw her fee. He then claimed she'd taken out more than agreed. When they met to work out their financial dispute, Snow White says Zickuhr tied her up with backpack straps, locked her in a closet, and punched her and poured cold water on her. Zickuhr then told her to call someone who could bring him the money, but she instead called a police officer.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jay-Z holds Kim and Kanye's wedding at Bey

MELINDA TAUB
Metro World News

What could go wrong with Kim and Kanye's wedding? They both adore big splashy events, they seem really in love, and they have enough money that no one ever needs to end up sobbing in a strip mall parking lot because they can only afford pink hydrangeas, not fuchsia ones. (I was a bridesmaid a bunch of times.) However, there are some headaches of wedding planning that no amount of money can eliminate, such as guest list drama. Case in point: Will Beyoncé and Jay-Z show up for the ceremony?

Rumour has it that Jay and Bey are planning to skip the nuptials, which will take place in France. According to the Daily Mail, they don't intend it as a snub — they just have no interest in appearing on Keeping Up With the Kardashians, and cameras will be unavoidable (which, given that the show is Kim's whole raison d'etre, does sound a little like a snub).

Jay-Z reportedly plans to make it up to his old pal Kanye in a big way: Since he won't be at the ceremony, not only is he planning a bachelor party for the ages, but he also plans to spend more than $100,000 to rent a yacht for the couple's honeymoon.

Good plan, guys. I have experience with this sort of thing. When my great-aunt couldn't make it to my bat mitzvah she sent me a $20 savings bond, which is sort of the same.

Uma Thurman GETTY IMAGES

Uma ... Arki. Arki ... Uma. Have you kids met each other?

Uma Thurman has reportedly called off her engagement to multimillionaire hedge fund boss Arki Busson, the second time she has done so since the couple began dating in 2007, according to the Daily Mail. "Uma and Arki were due to attend a gala together on April 8, but Uma showed up without her engagement ring or her fiancé. Arki was scheduled to attend, and it seemed clear there was only one reason why he didn't show — because he and Uma are no longer an item," a source says.

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See that symbol? It means you can scan the photo below with your Metro News app to see a photo tour of Puerto Rico

Looking for sun and fun? Then head to San Juan

Puerto Rico. There's more than just beaches and poolside drinks to enjoy — try heading off the resort for an authentic experience

ANDREW JOHN VIRTUE DOBSON
metronews.ca/TIFF
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Guests to the Casa Bacardi are whisked around on limo golf carts. PHOTOS: ANDREW DOBSON

While standing on your balcony at the San Juan Marriott Resort staring out at the vast Atlantic, you'll find it hard not to be enchanted, romanced and lulled by the ocean's heartbeat.

The crash of surf on sand is hypnotizing.

The Marriott in San Juan offers guests a prestigious beachfront address in the bustling Condado neighbourhood where bronzed bombshells can be found sprawled across golden sand or lazing on lounge chairs by one of the hotel's two turquoise pools.

And while year-round sun and sandy beaches are understandably the biggest draw, you'll find plenty of opportunity for an authentic Puerto Rican adventure via a long list of excursions available at the hotel's always-bustling concierge desk.

In 2013, the hotel updated its 511 rooms and 14 suites, which now offer guests a refreshed Caribbean elegance that caters to the city's cosmopolitan dynamic.

Looking to treat yourself? Shopaholics are spoiled for choice as the hotel is located on tree-lined Avenida Ashford, a hip strip that Gucci, Louis Vuitton and Cartier all like to call home.

After pounding the pavement, relax at Ocean Club Spa where a selection of scrubs, wraps, facials and massage offer rejuvenation.

The hotel's two pools are the perfect spot to spend a lazy afternoon.

Feeling peckish in the afternoon but don't want to leave the pool?

Your best bet is a pina-colada-sloshed lunch at La Isla Beach Bar where crispy coconut shrimp and smoky chicken wings offer serious satiation.

If you're in town on the weekend, be sure to stop by the Red Coral Lounge at night for "Salsa and Sushi," where each evening the kitchen serves up fusion sushi offerings (traditional churrasco, creamy avocado, sweet plantain) while a live band adds a festive energy to the dance floor.

Salsa yourself silly, then quench your thirst while celebrating local flavours with an ice cold bottle of Medalla Light or a classic mojito spiked with Bacardi Oakheart.

Looking to explore Puerto Rico's top attractions?

Start your adventure with a rum-filled afternoon at Casa Bacardi, aptly titled The Cathedral of Rum.

It feels a bit like 'Disney Does a Distillery,' as guests are whisked around the property on Bacardi-bat-embossed limo golf carts.

Discover the beauty of ancient architecture and vibrant natural wonders while first strolling back in time through Spanish colonial Old San Juan.

Then, finish off your trip with a jungle mountain hike of El Yunque Rainforest where there are plenty of tranquil waterfalls and panoramic coastal views that offer perfect photo ops.

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SHOP FOR THE BEST PERKS

The good news for consumers is that the travel rewards industry is very competitive today and, as a result, banks and credit card companies have upped their travel programs and offerings to try to attract more cardholders, says Patrick Sojka, founder of Rewards Canada, an organization that tracks the various cards.

"The biggest trend on the credit card side is the waiving of the first year's annual fee," Sojka says. "So, basically, it's a free trial.

SHUTTERSTOCK

"If you keep the card after one year you will likely be charged the annual fee. However, with the way things are, you may be able to negotiate for a longer free period."

On the credit card side, the big trend is the addition of more benefits.

"Most cards are maxed out on what they can offer in terms of rewards and earning points for air miles," Sojka says. "But look for fabulous travel benefits."

Here is a quick list of what to look for:

• Travel perks such as airport lounge access and concierge services.

• A wide range of insurance benefits including travel emergency medical, trip interruption and cancellation, lost luggage, rental car collision/loss damage and hotel burglary insurance.

• Less blackout periods when you book travel on points. "We know that Canadians want to earn points faster and redeem them often without the aggravation of blackout periods and high fees," says Jennifer Douglas, Scotiabank vice-president of credit cards.

• Different ways to redeem points. Scotiabank experts also point to additional benefits such as gift cards, merchandise charities and investment and credits to redeem from.

• Exclusive hotel programs. Some cards partner with hotels to offer room upgrades and dining and beverage credits. But the more benefits like this, the higher the annual fee in general.

• No redemption deadlines.

SHUTTERSTOCK

FINDING THE BEST VALUE

If you are like most Canadians, you carry a stack of loyalty cards in your wallet. You might have an Air Miles, a Shoppers Optimum, and maybe a Cineplex Scene card. Perhaps a wad of that funny Canadian Tire money is stuffed in there, too.

Loyalty programs have edged into almost every industry, from banking and travel, to entertainment and retail. Repeat card users earn points, discounts and other perks

The Shoppers Drug Mart Optimum card is among the most popular. Some 10 million Canadians carry this card, says Tammy Smitham, vice-president, communications.

Another card — Scene — is quickly gaining attention, too. Now with 5.6 million cardholders, the program is growing "beyond the expectations" of its co-partners, Cineplex and Scotiabank, says Shawn Bloom, Scene general manager.

The idea is to use financial incentives to get customers to build a shopping history with the same store. For example, with an Optimum card, you get 10 points for every dollar spent and can redeem these points on most of the 25,000 in-store products, Smitham says.

With a Scene card, you get 10 per cent off concession purchases and off admission on Tuesdays, and collect 100 points for admission to every adult movie.

"So every 10th movie will be free; it's very good value," Bloom says.

At Canadian Tire, the country's oldest loyalty plan, you get 40 cents in "money" for every $100 spent. Now customers can get their "money" electronically as well as in paper form, giving them "the best of both worlds," says Shawn Stewart, associate vice-president, loyalty.

Increasingly, businesses are teaming up to extend card savings. You can now use Optimum points on fashion and decor items at the Beyond The Rack online store, Smitham says. Scene members can redeem points at Swiss Chalet, Harvey's and other restaurants, and, through the current promotional program with Indigo, earn points by buying certain books that have been or will be made into a movie, Bloom says.

Banks are also getting into the loyalty action. The Royal Bank, for example, has partnered with Shoppers to offer an RBC Optimum MasterCard or debit card that can be used to collect points at retail outlets other than Shoppers across the country.

SHUTTERSTOCK

UNDERSTAND YOUR POINTS PROGRAM

When it comes to belonging to a loyalty program, knowing what you want to do with the points is one way to narrow down what's appropriate for you, says Patrick Sojka, founder of Rewards Canada.

Here are other considerations:

• Be clear about what you want to be rewarded with — air miles, cash back, or merchandise.

• Keep your shopping habits in mind and be strategic. What's most important is that you are loyal to programs so you accumulate points. Plus, "splitting points amongst several cards will delay the time it takes to redemption," Sojka says.

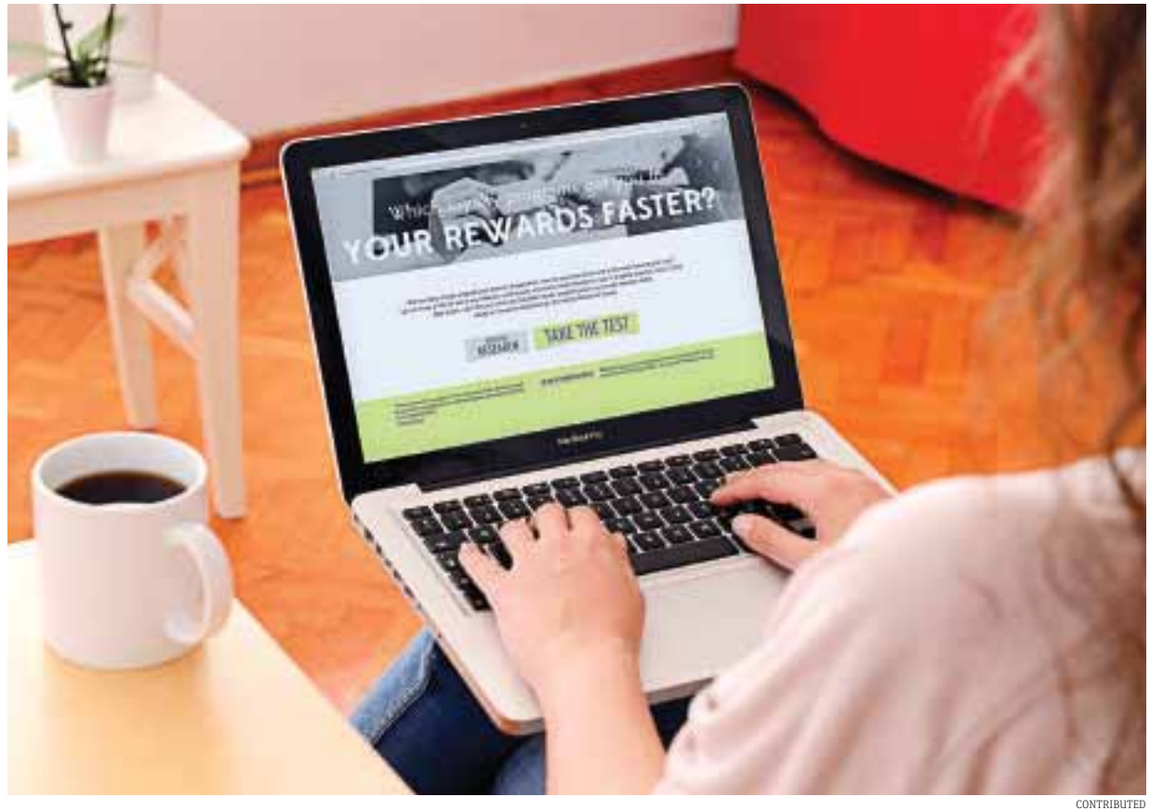
• Be sure you understand exactly how you earn and redeem points on cards including expiring policies for programs that issue miles or points.

• Keep in mind that the more flexible in terms of what the reward is, the lower the rewards rate will be in general.

• Get an Aeroplan or Air Miles card regardless, Sojka says. There are so many places where you can earn these points and so many options for redeeming them (travel, merchandise, gift cards).

FASTER REWARDS

SPRING CLEAN YOUR WALLET AND FIND THE PROGRAM THAT WORKS FOR YOU



CONTRIBUTED

Regularly reassessing loyalty program membership makes sense beyond just reducing the plastic you carry. That's because choosing the right loyalty program for you could get you to the reward you want faster.

Selecting a program from the many options on the market has traditionally been the challenging part.

Luckily, there is a free online tool to help you assess available programs in a way that levels the playing field so you can research and more easily find the program that might have the shortest "time to reward" — compareloyaltyprograms.ca.

Starting with your end goal in mind, decide what reward for which you are looking. Whether you want to earn points or miles for flights, merchandise or cash back, each program offers its own set of advantages.

"Know yourself — and your goals," say Susan Misner and Laura McDonald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more active role in their finances. "Loyalty programs can make up an important part of your overall finances so you'll be rewarded for all of the research you do looking into the right program. Just be smart about where you get your information from — using a tool, such as compareloyaltyprograms.ca, gives you an apples-to-apples look at the most popular programs."

With all of the information out there, it can still be hard to narrow down which programs may be right for you. Focusing on dividend (i.e., how much a point or mile is worth) may not be the best way to decide which loyalty program can help you get to your rewards sooner. Compareloyaltyprograms.ca is powered by research from Environics Research Group and features the top 23 loyalty programs and affiliated credit cards in Canada, including many offerings new to the market this year. By answering a few simple questions on desired rewards (flight, merchandise or cash back) and spending habits (such as the types of stores where you spend the most), the tool suggests programs that may get you to your chosen reward faster.

Once you know what reward you want, it is important to assess how, where and how much you spend each month to understand which programs might benefit you most.

"Spending habits and reward preferences are unique to each household, but comparative tools and resources may not be clear about how they compare different programs," say Misner and McDonald. "With compareloyaltyprograms.ca, consumers can enter their own monthly spending figures to get an accurate assessment of programs based on their own individual personal spending patterns."

SHUTTERSTOCK

LOYALTY PROGRAMS SHOULD SUIT YOUR STYLE

Golden Girl Finance offer tips to help consumers discover their best loyalty program matches:

KNOW WHAT YOU WANT

The best place to start when it comes to assessing whether your current loyalty program is working for you — or deciding which one to sign up for — is what reward for which you are ultimately saving to redeem. Check out compareloyaltyprograms.ca to cross-compare the top loyalty programs in Canada.

THINK ABOUT WHERE YOU SHOP

Research by Environics Research Group has shown that, on average, double-dipping using a base program card matched with an affiliated credit card greatly reduces "time to reward," no matter the reward you are after. The research has also shown that coalition programs, where there are numerous partner stores to earn miles or points at provide faster time to flight rewards, on average.

STAY TUNED-IN TO YOUR PROGRAM

Some rewards programs do a great job of keeping members in the loop with program news via social media or flyers so they can plan their spending to take advantage of offers. Consider using a credit card at partner retailers for your chosen program (double-dipping) and streamlining earning into just one or two key programs.

DO YOUR HOMEWORK

The decision is up to you, so spend a bit of time researching to decide for yourself which program is the most rewarding. Be sure to watch out for high annual fees on associated credit cards that can overshadow the benefits of the loyalty program.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.

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Bursts of sweet, tangy, creamy and spicy in every curry-filled bite

Thai Grapefruit Curry. A hit of heat to marry with fresh grapefruit enhances the curry and rounds out the flavour of the dish

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. FLORIDA DEPARTMENT OF CITRUS

Love shrimp? I certainly do. With its versatility and fast cooking methods, you can have a quick easy meal.

Always look for shrimp when they're on sale and pick up a couple of bags. They freeze well and are great for a quick stir-fry, on the grill or for a last-minute appetizer. Shrimp is a great protein when you want to think a bit outside the box and try new flavour combinations, and visit different countries while doing it.

This recipe, which I developed for the Florida Department of Citrus, uses a hit of spicy curry to marry with fresh grapefruit, which enhances the curry and rounds out the flavour of the Thai-inspired dish.

It is easy to make and sings out with a sweet, tangy, spicy and creamy combo.

Ingredients

- 1 tbsp (15 ml) canola oil
- 1 shallot, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 ml) Thai green curry paste
- 1 small Thai chili pepper, seeded and sliced
- 1/2 tsp (2 ml) grated grapefruit rind
- 1/3 cup (75 ml) ruby red grapefruit juice
- 1/2 cup (125 ml) coconut milk
- 2 tbsp (30 ml) fish sauce
- 1 lb (454 g) large raw shrimp, peeled and deveined
- 1 tsp (5 ml) cornstarch
- 1 tsp (5 ml) water
- 1 ruby red grapefruit, peeled and segmented
- 2 tbsp (30 ml) chopped fresh cilantro or mint

1. In a skillet, heat oil over medium heat and cook shallot and garlic for 2 minutes. Stir in curry paste and chili pepper; cook for 1 minute. Add grapefruit rind and juice, coconut milk and fish sauce; bring to a simmer.

2. Add shrimp and cook, stirring for 4 minutes or until firm and cooked through.

3. In a small bowl, whisk together the cornstarch and water. Stir it into the shrimp mixture along with grapefruit segments and cilantro. Spoon Thai Grapefruit Curry over rice to serve.

Tomato & Shrimp Tortas

Celebrate tastes of Spain with flavours of smoked paprika, garlic and tomatoes that are perfect to spike up the shrimp.

Ingredients

- 1 lb (454 g) large raw shrimp, peeled and deveined
- 2 tbsp (30 ml) extra virgin olive oil
- 2 tbsp (30 ml) chopped fresh coriander
- 2 cloves garlic, minced
- 2 tsp (10 ml) smoked paprika
- 4 fresh ripe plum tomatoes, chopped
- 2 tbsp (30 ml) butter
- 1/2 tsp (2 ml) grated lime rind
- 1 tbsp (15 ml) lime juice
- 4 rosemary and thyme savoury olive oil tortas
- 1/4 cup (60 ml) shredded Manchego cheese

1. Remove tails from shrimp. In large bowl, toss shrimp with oil, coriander, garlic and paprika. Let stand for 10 minutes.

2. Heat large nonstick skillet over medium high heat and add tomatoes. Cook, stirring for 2 minutes or until tomatoes start to soften. Add shrimp mix and stir to combine. Cook 5 minutes or until shrimp is pink and firm. Stir in butter, lime rind and juice until butter is melted and remove from heat.

3. Divide mixture among tortas and sprinkle each with cheese to serve. EMILY RICHARDS

NBA playoffs

DeRozan carries Raptors past Nets

DeMar DeRozan scored 30 points, including 16 in the fourth quarter, as the Toronto Raptors beat the visiting Brooklyn Nets 100-95 on Tuesday to even their best-of-seven first-round playoff series at a game apiece.

DeRozan went 12-for-14 from the free throw line, including six in a row in the final minute to clinch the victory. Jonas Valanciunas added 15 points and 14 rebounds for the Raptors.

Brooklyn will host Game 3 on Friday.

THE CANADIAN PRESS

"I think it's just in the DNA. Everybody don't have it, everybody's not born with it. Can't buy it at Costco or Walgreens. It's in the DNA."

Nets forward Paul Pierce, explaining his career-spanning ability to come through in crunch time. Scan the above image to view a gallery of some of Pierce's clutch moments.

Faster than Lightning

NHL playoffs. Habs fans euphoric after sweep-clinching win over Tampa Bay in Montreal

Lightning captain Steven Stamkos and Canadiens goalie Carey Price shake after Montreal's Game 4 win on Tuesday night at the Bell Centre. GRAHAM HUGHES/THE CANADIAN PRESS

Max Pacioretty scored on a power play with 43 seconds left to play as the Montreal Canadiens completed a four-game sweep of the Tampa Bay Lightning with a 4-3 victory on Tuesday night.

Montreal now faces a long wait for the Eastern Conference semifinal against the winner of the Boston-Detroit series.

Pacioretty was parked on the doorstep to bang the rebound of Thomas Vanek's shot past Kristers Gudlevskis to send the 21,273 spectators into a frenzy.

The Canadiens entered the third period up 3-1 with a 29-13 shot advantage, but the Lightning tied it by the 6:31 mark on goals from Victor Hedman and Tyler Johnson.

A tripping penalty on Cedric Paquette with 2:11 left to play allowed Pacioretty to get the winner on Montreal's second power-play goal of the series.

Daniel Briere, Lars Eller and Brendan Gallagher also scored for Montreal. Ondrej Palat also scored for Tampa Bay, whose rookie-laden lineup could not keep pace with Montreal. The Bolts also played the series without No. 1 goalie Ben Bishop, who has a left arm injury.

For a second straight game, the Bell Centre was at a fever pitch with old-time pop star Ginette Reno singing the Canadian anthem. But while it took Rene Bourque only 11 seconds in to score the first goal in Game 3, this time it took 2:24 for Briere to open the scoring.

The Lightning defence abandoned the front of their net to chase Dale Weise in a corner and left Briere alone in front to score his first of the series and 51st playoff goal of his career.

The Canadiens had a 15-6 shot advantage in the period and made it 2-0 when Brian Gionta picked Paquette's pocket in the neutral zone and sent Eller in on the left side to blast a low shot past Anders Lindback.

The Lightning caught a break while killing a penalty at 4:32 of the second frame when Alexei Emelin misplayed a puck behind the net and Palat swept around and pushed the puck in among a pile-up of players. The goal stood up to video review.

But only 1:10 later, Tomas Plekenec sent Gallagher in on the right side to wrist a shot in off the post to restore the two-goal lead. THE CANADIAN PRESS

Game 4

4	3
Canadiens	Lightning

Sweep talkers

1993

Montreal's win Tuesday night clinched the Canadiens' first sweep since they took the Buffalo Sabres out in four straight in 1993 en route to the last of their 24 Stanley Cups.

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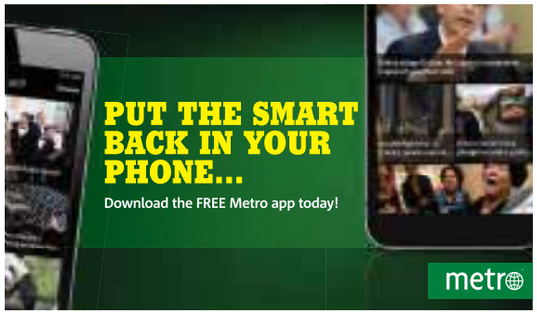

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DRIVE 5

Nothing more than crummy wooden buggies in the beginning, you ran the risk of freezing to death or being randomly tossed overboard. At some point, the no-roof thing actually became pleasurable. Today, it's really about disguising your secret desire for freedom as practical family transportation ... with a few exceptions

Evolution of the convertible

TODD D. BURLAGE
www.wheelbasemedia.com

It's rather fun to watch the roof go up and down, isn't it? Especially the hardtop models. The Mercedes SLK, the Mazda Miata PRHT, the Volkswagen EOS and even the Ferrari 458 Spider are like real-life Transformers. Just push a button: It's that easy.

But on sunny days a modern convertible, with the roof down, will cook your head. Or soak you if you even so much as look at a cloud the wrong way.

Put in that context, it's tough to define, or even understand, the popularity turbulence of the North American convertible in its 85 years on the road.

The automotive anomaly went from a curiosity in the 1930s to a tragic James Dean snapshot of the 1950s to near extinction in the 1970s to resurrection in the 1980s — and everywhere in between along the way.

Demand for the convertible will never reach the levels of the 1950s and 1960s when the giant Lincoln Continental led the list of "Land Yachts" that became standard equipment on North American roadways.

But with convertible classics such as the Chevrolet Camaro and Corvette and the Ford Mustang on the 2015 product list, this topless symbol of summer and a staple of driving freedom remains strong. "Whether it's enjoying a lazy drive on a winding two-lane or cruising to a local drive-in," Rex Roy wrote in a tribute story for Popular Mechanics, "summer and convertibles go together like lemonade and iced tea."

The 2015 Corvette Z06 will be available as a convertible with about 625 horsepower. Often convertibles look odd with the roof up, but this design is superb and the platform doesn't give up any strength. WHEELBASEMEDIA.COM

The evolution of the convertible has been dramatic, mainly because automakers and engineers have spent decades chasing design flaws caused from all the moving parts needed to open and close or attach and detach the roof.

In the beginning, all cars were open air because they were nothing more than motorized horse buggies, where design efforts centred on engine performance and reliability, not on creature comforts like a proper roof and side glass or a heating system that could keep the glass from fogging up in a fully enclosed vehicle.

The demands for improved safety and shelter led Cadillac founder Henry Leland to introduce the fully closed body design in 1905. Leland's basic ideas gained traction while engineers assigned to the development of convertible vehicles continued to battle design demons like leaks, drafts, noise and the painful consumer details of removing and reattaching the stubborn and fragile cloth roof contraption.

By 1925, the closed-cabin vehicle controlled 90 per cent of the market, essentially cutting out the open-air era, but not deterring an underground push for a true "convertible" that would balance the freedom of openness with the comfort of enclosure.

The convertible needed a breakthrough, and it got one in 1939 when Plymouth introduced the first power-controlled top. The convenience of the power top was a brief boon, but the fruits of those improvements would have to simmer as automobile production in North America was all but halted for six years during the Second World War from 1939-'45. But a booming post-war economy, consumer confidence, fresh designs from General Motors and some slick concepts from Ford helped push demand for the convertible through the 1950s to more than five per cent of all new car sales, its highest level on record.

Ford controlled much of the convertible market in the 1950s with its popular Thunderbird and Fairlane models. General Motors, meanwhile, was making a mark with its "hardtop" convertible design in the Cadillac Coupe de Ville and Buick Roadmaster. The hardtop convertibles were constructed with a fixed roof and not built with the manual top-off, top-on design. Convertible demand levels stayed at about six per cent of the automotive market through the 1960s, and right up until social events and economic failure ended the Glory Days and put the North American convertible on the endangered list. The carefree attitude of the 1950s and '60s gave way to the recessive '70s.

Of course, the unmatched comfort of the traditional closed-air sedan will always keep the convertible in its isolated place among new car buyers, but the convenience of the metal folding top, for one, is helping to make it easier to justify what was once considered a frivolous second-car purchase. A convertible as a primary mode of transport? Yes, indeed, as manufacturers now merge somewhat sensible transportation and wind-in-your hair freedom into one vehicle.

Healey Hundred
WHEELBASEMEDIA.COM

'50s Thunderbird
WHEELBASEMEDIA.COM

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Saskatoon – June 13, 2014
Regina – June 20, 2014

Horoscopes

♈ Aries
March 21 - April 20
You know what it is that you want so now it's just about how you are going to get it. If your plans are being held back by a lack of cash, what happens today and tomorrow will help. But ultimately, the effort must come from you.

♉ Taurus
April 21 - May 21
Mercury joins the Sun in your sign today and your mood will be better. The next three weeks are potentially the best of the year for you, so take advantage of the opportunities that come your way.

♊ Gemini
May 22 - June 21
Your feelings may be a bit fragile over the next 24 hours, so steer clear of people who are rude. Some days it is necessary to restrict yourself to your company.

♋ Cancer
June 22 - July 23
Don't try to solve others' problems by yourself. Be generous, especially with time and sympathy, but recognize that the only way friends will solve their issues is by looking for them themselves.

♌ Leo
July 24 - Aug. 23
Mercury, planet of the mind, crosses the career angle of your chart today, which means you will no longer be able to kid yourself about what is and is not possible.

♍ Virgo
Aug. 24 - Sept. 23
This is one of the best times of the year for you and it will get even better over the next few days as Mercury, your ruler, opens your mind to new possibilities.

♎ Libra
Sept. 24 - Oct. 23
Whatever it is that you fear, you need to put a name to it because only then will you be able to face it and conquer it. Most likely you have been worrying for no good reason.

♏ Scorpio
Oct. 24 - Nov. 22
It may feel as if you have no control over what is going on in your life but that simply isn't true. You have, however, allowed people to dictate to you what you can and cannot do. It's time to make it clear that enough is enough.

♐ Sagittarius
Nov. 23 - Dec. 21
While everyone is running around and bumping into each other as if the end of the world is nigh, you will be the picture of tranquility. That may mean you have no idea what is going on but there are times when ignorance is OK.

♑ Capricorn
Dec. 22 - Jan. 20
Yours may not be the most flexible sign but it will pay you to make an effort to adapt today. You have a great deal going for you at the moment but to make the most of it, be less set in your ways.

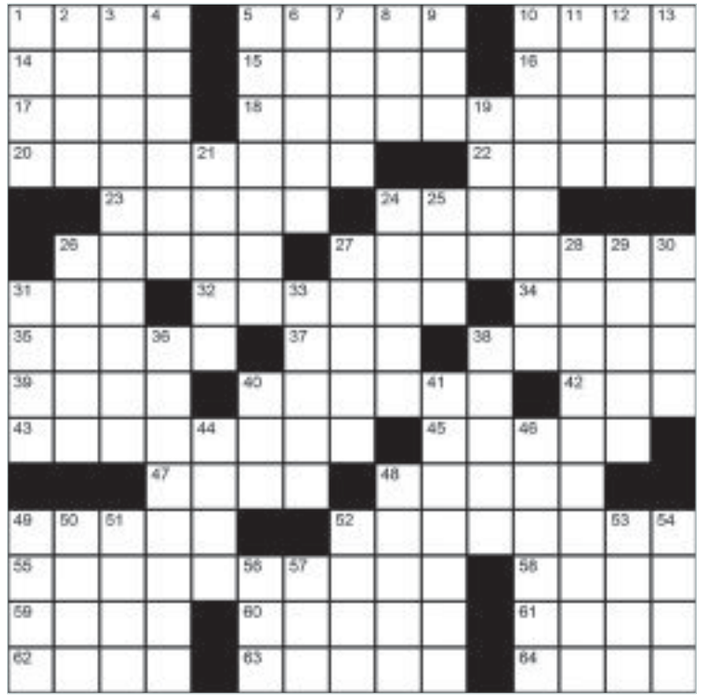
♒ Aquarius
Jan. 21 - Feb. 19
You will learn something over the next 24 hours but if you are smart, you will keep it to yourself for now. What you find out about a situation could be beneficial.

♓ Pisces
Feb. 20 - March 20
Sometimes it's good to get away from your duties and chores and lose yourself in activities you really enjoy. Such a time is now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

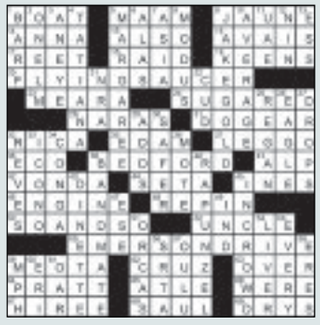
BY KELLY ANN BUCHANAN



Across
1. Daytime/nighttime
5. Theatrical work, __ Godunov
10. Havana's locale
14. TV handyman Bob
15. Mediterranean vacation island
16. Kitchen's kiln kin
17. Scrapes, budget-wise
18. __ of Canada
20. Canadian brand of toilet paper
22. Gather
23. Ms. Skye of "Say Anything..." (1989), and namesakes
24. Painting subject (en francais) for Manet
26. Terra __
27. __ Desert (Located in the Yukon, it's endearingly called the world's smallest desert)
31. '_' __ in Toronto
32. Northern Ontario city, __ Lake
34. __-_-soup
35. Crows
37. Pac. opposite when looking at Canada
38. Canadian newsman Mr. Mansbridge
39. __ of the moment
40. Invitees
42. Monk's title
43. Artsy statesman of ancient Athens
45. Cosine or sine
47. Wuthering Heights expanse
48. Voyageur's transport
49. The __ of 2014
52. Frontman of Rush: 2 wds.
55. Rare baleen creature: 2 wds.
58. Inactive
59. Ms. Reid
60. Boring tool
61. Foster film
62. Songstress Sheryl
63. Lances
64. Steel shade

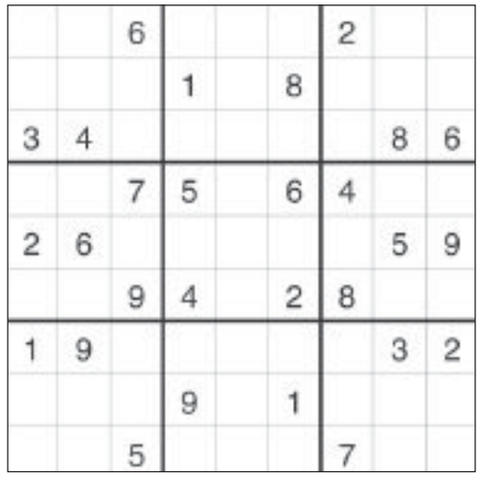
Down
1. "__ plaisir!" (Gladly, in Quebec)
2. "Grace Kelly" singer
3. Long-extinct marine reptile of ancient waters, such as of the Yukon
4. Team's sidelines cheers-leader
5. Important happening: 2 wds.
6. Some woodwinds
7. BC's Fraser, et al.
8. 'Special' suffix
9. Mediterranean isl. near Italy
10. The second 'C' of CIBC
11. Iris' place
12. Mr. Affleck's
13. Colony critters
19. Pusher-catching cop
21. Beginner bets
24. Sussex slammers
25. Mr. Linkletter
26. __ diem! (Seize the day!)
27. Quotes
28. Baseball position
29. 'I hope', to Caesar
30. Ms. Gilbert
31. Baking meas.
33. "Today" anchor Matt
36. Northern Alberta town
38. Mind your __ __ Qs
40. Mop & __ (Floor cleaner)
41. Canadian TV drama of 1996 to 2000 that viewers were 'invested' in watching
44. Haggler's concern
46. Considering, as an idea
48. Showbiz type
49. Federal org. concerning broadcasting
50. Beguiler
51. It means 'Soil'
52. Someone smitten's status
53. Addition __ (Canadian plus-size clothing chain)
54. Moray-like
56. Occurred
57. Beach structure

Yesterday's Crossword



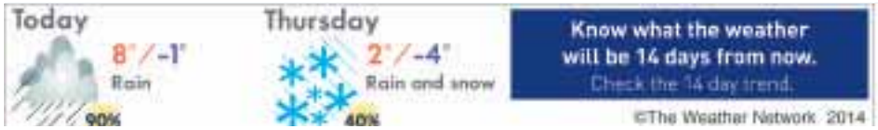
Sudoku

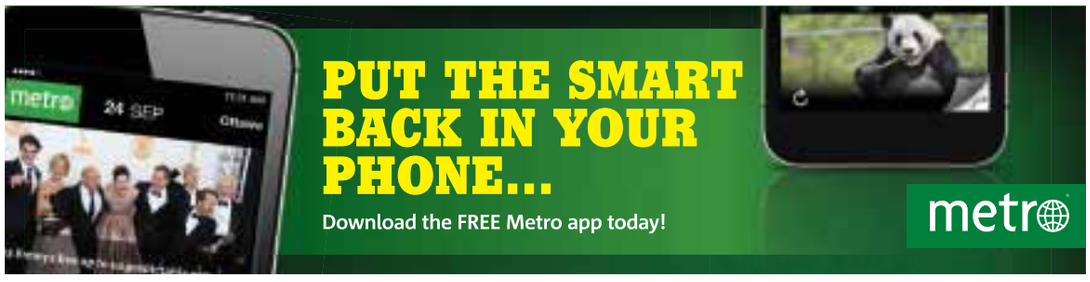
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	5	4	6	1	8	9	7	3
7	9	6	3	5	2	4	1	8
1	8	3	9	4	7	2	6	5
9	3	1	2	8	6	5	4	7
5	8	2	4	7	1	6	3	9
4	7	6	5	9	3	1	2	8
3	4	7	8	2	9	6	5	1
8	1	5	7	6	4	3	9	2
6	2	9	1	3	5	7	8	4





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*Based on AUTODATA industry data as of February 2014 comparing sedans in the IHS Automotive: Polk non-luxury compact car segment.